

# Additional Preconception Health Materials



In addition to all of the free items you can order from the North Carolina Healthy Start Foundation, the Campaign also offers additional materials. These materials are only available through the North Carolina Preconception Health Campaign.

## Healthy Habits for Life Booklet\*

This interactive booklet is the perfect tool for people who want to adopt healthy habits. It is based on the Eat Smart, Move More strategies, and provides BMI guidance.

## Is Your Weight Healthy? Poster

This poster contains a BMI chart and the adapted Eat Smart, Move More strategies for individual health behavior change.

## Women's Wellness Rx Pads

These pads are intended for you to use when reviewing essential women's health messages with your patients. You can fill in the blanks, go over the checklist, jot down additional notes, and remind your patients to take a multivitamin with 400 mcg of folic acid every day. We've included the same messages in English and Spanish.

Item	Info	Quantity
Healthy Habits for Life*	5.5" x 8.5" booklet, 14 pages (Limit 100)	
Is Your Weight Healthy?	11" X 17" poster (Limit 10)	
Women's Wellness Rx Pads (Bilingual)	50 sheets per pad (Limit 10)	

\* If you are a Health Department or Title X agency, please order this booklet from the NC Department of Women's Health. Use "Requisition for Family Planning and Reproductive Health Forms and Educational Materials" found at: <http://whb.ncpublichealth.com/provPart/forms.htm>

Name \_\_\_\_\_

Organization \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Phone \_\_\_\_\_

**Send completed form to:** Megan Fazekas  
North Carolina Preconception Health Campaign  
c/o March of Dimes  
6504 Falls of Neuse Road, Suite 100  
Raleigh, NC 27615

**Or send a fax or e-mail to:** 919-781-2317 or [mfazekas@marchofdimes.com](mailto:mfazekas@marchofdimes.com)

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